

Jamaican Jerk Chicken

Rating: ★★☆☆

Makes: 10 servings

Ingredients

- 1/2 teaspoon cinnamon (ground)
- 1 1/2 teaspoons allspice (ground)
- 1 1/2 teaspoons black pepper (ground)
- 1 teaspoon hot pepper (crushed, dried)
- 2 teaspoons oregano (crushed)
- 1 teaspoon hot pepper (chopped)
- 1/3 tablespoon thyme (1 teaspoon, chopped)
- 1/2 teaspoon salt
- 6 garlic clove (finely chopped)
- 1 cup onion (pureed or finely chopped)
- 1/4 cup vinegar
- 3 teaspoons brown sugar
- 8 chicken (pieces, skinless 4 drumsicks, 4 breasts)

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine all ingredients except chicken in large bowl. Rub seasonings over chicken and marinate in refrigerator for 6 hours or longer.
3. Space chicken evenly on non-stick or lightly greased baking pan.
4. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an additional 30–40 minutes or until the meat can easily be pulled away from the bone with a fork.

US Department of Health and Human ServicesNational Institutes of HealthNational Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	3.5 g	5%
Protein	20 g	
Carbohydrates	7 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	190 mg	8%

